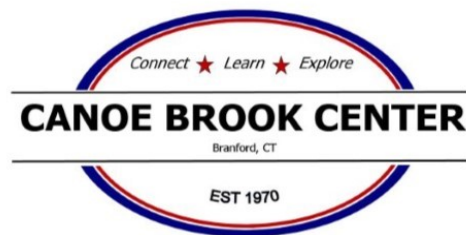


# March 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



46 Church Street, 2nd Floor

## Info you need to know...

**Affordable Connectivity Program (ACP)** has replaced the Emergency Broadband Benefit. Most households will automatically be transitioned on 3/1 to the new ACP and receive a \$30 benefit to help with the cost of internet service only (not TV). Your internet provider will let you know if you need to take any action to continue receiving the benefit. Click here [FCC.gov/ACP](https://www.fcc.gov/ACP) or give Dagmar a call.

**Help with Heat:** Winter seems to be winding down and spring is in the not too distant future; we are still accepting applications for energy assistance. There is no asset limit. If your **gross** monthly income is below **\$3,252** (household of 1) or **\$4,253** (household of 2) call Marlowe 203-315-0682 or [mioime@branford-ct.gov](mailto:mioime@branford-ct.gov).

**Medicare Advantage Plan** participants have until 3/31 to switch to different Medicare Advantage plan or to original Medicare (plus a Part D prescription drug plan).

**Never signed up for Medicare** when you were first eligible? Now is the time; you have until March 31 to enroll. Contact Marlowe for a private & confidential appointment as soon as possible 203-315-0682 or [mioime@branford-ct.gov](mailto:mioime@branford-ct.gov).

**Test Kits & Masks** are available at Canoe Brook for those who would like them. Call Megan or 203-315-0687 or stop by.



**CHET'S POND** Photo by Megan

### Director:

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**Visit our website:**  
**Canoe Brook Center**

**Follow us on Facebook:**  
[Facebook.com/canoebrookcenter](https://www.facebook.com/canoebrookcenter)



**SENIOR NUTRITION PROGRAM**  
CELEBRATE • INNOVATE • EDUCATE

## Canoe Brook Café

We are delighted to announce the return of our weekday lunches tentatively scheduled for

**Monday, March 21**

We work cooperatively with Lifebridge; they provide us the meals and site manager, we provide the space and volunteers. This month marks the 50th anniversary of the Senior Nutrition Program, and the Older Americans Act that recognizes the importance of Seniors sharing a meal together and provides funding. Meals are served M-F at noon. Menus will be posted as soon as the start date is confirmed. The Café will begin taking reservations Tuesday 3/15, for the following week. Call 203-315-0685.

## Index

Announcements.....	1	Special Programs.....	5
Upcoming Events.....	2	Week at a Glance.....	6-7
Out & About.....	3	Contact Info.....	1
Day Trips.....	4		

# Upcoming Events

Pre-register for ALL activities w/Nancy, 203.315.0684  
Transportation is available, call Blair at 203-315-0681 to schedule a ride.

## Senior Learning Network Programs

**Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)**

Prefer to watch from home? Limited Zoom links are available for home viewing. Call Megan 203.315.0687.



### Mar 1: Ford's Theatre: "After the Assassination"

Over 150 years after the assassination, Ford's Theatre still stands. Learn about its history and how it developed once more into a working theatre.



### Mar 8: Treworgy Planetarium at Mystic Seaport Museum: "Backyard Stargazing"

Learn about the current night sky: the moon, constellations and visible planets and how to find them. Brian Koehler gives a fascinating and fun presentation.



### Mar 15: Dunes National Park: "Bird Easy"

Learn how to identify bird species and the basics of birdwatching through Dunes park rangers.



### Mar 22: Adams Nat'l Historic Park: "America's 1st Father/Son Presidents"

Focusing on the two First Ladies, their families and the profound influence each had on our nation, both President Adams' histories will be explored.



## **FREE! AAA Driver Improvement for Mature Operators**

**Wednesday, March 30, 9:00 am - 1:00 pm**

Learn the latest risk-reducing driving techniques. A registration form needs to be filled out prior to class. **Limited class size.** Once you have completed the class, a certificate will be mailed to you. Most insurance companies offer a 5-10% discount on your premium for completing the class. Sign-up early.

## Ukulele Lessons with Kevin Ryan

**Wednesdays - March 2 - April 20**

**1:30 - 2:30 PM**



Playing the ukulele is fun and easy to pick up. Learn to play a song in one lesson!  
No experience needed.

Call Nancy for more information: 203.315.0684

Activity Fee: \$15



## **TRIAD: Crime Update with Officer Mike Loftis**

**Tuesday, March 15, 10:30 AM**

### Talking points:

- The role of Branford PD
- Crime stats in town
- What crimes are on the increase/decrease
- Common frauds on seniors
- How best to reach out to the police department



## BOOK CLUB

**TUESDAY, MARCH 8, 1:30 PM**

**"The Personal Librarian"**

by Marie Benedict and Victoria Christopher Murray

Based on the true story of Belle deCosta Greene, curator of JP Morgan's rare collections, the social power she wielded and the secret she kept.

## Finding Balance & Positivity in Turbulent Times

**Friday, March 11, 10:30 AM**

Sometimes the pieces of life do not seem to fit together. Learn tips & tools to help you navigate life's challenges. Learn to protect your physical and mental health. Speaker: **Barbara Naclerio, M.P.H., ESDHD Public Health Coord**



## Salute to Oscar Fridays!

And the Best Picture nominees are...



**Don't Look Up, March 4, 1-3 PM**

**Power of the Dog, March 18, 1-3 PM**

## Genealogy

**Monday, March 14, 1:00 PM**

Marty will guide the group on how to get info from the 1950 Census, where to look for information regarding your ancestors during the 1940's, what they were doing during the war years and review highlights of Roots Tech 2022.



# Out & About

Pre-register for ALL activities w/Nancy, 203.315.0684  
Transportation is available, call Blair at 203-315-0681 to schedule a ride.



## Hammonasset Beach State Park

**Tuesday, March 15 1-2:30 PM**

We will start at Meig's Point Nature Center and walk the Moiraine Trail that leads to Shell Beach, then we'll follow the Labyrinth Walk, seeing interesting vistas, tide pools & glacial rocks along the way. At the end of the trail there are magnificent views of the mouth of the Hammonasset River and LI Sound. Meet at Meigs Point 1:00 pm. (Snow date 3/18) Sign up by 3/14.



## Happy Hour, Donovan's Reef, 1212 Main St.

**Wednesday, March 16, 4-6 PM**

This is a wonderful place to gather, have great food and good fun! Meet new and old friends. Limited seating. Individual checks will be provided.



## Lunch Bunch at GW Carson's, 308 E Main St

**Wednesday, March 30, 12- 1:30 PM**

*Enjoy great food, fun company and good conversation.*

Individual checks. Seating is limited so register early with Nancy.



## Local Shopping Opportunities (9:30 AM)

**Tuesdays: Big Y Fridays: Stop & Shop**

**New! Walmart Wednesdays: (begins March 16)**

**TJ Maxx: Wednesday, March 9**

**Target: Thursday, March 24**

Have fun and leave the driving to us! Time is given for you to shop at a leisurely pace. Bus seating is limited. Contact Blair at 203.315.0681 or [bmckenna@branford-ct.gov](mailto:bmckenna@branford-ct.gov) to sign up. A brief safety evaluation conducted outside your home must be completed within the last year before using our transportation services.

# Day Trips

Sign up with Nancy 203.315.0684 or Megan 203-315-0687

Transportation is available, call Blair at 203-315-0681 to schedule a ride.

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. All payment forms are accepted: cash, check, or credit cards. Please make checks payable to: [Canoe Brook-Town of Branford](#).

- Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card are accepted.
- Full payment is due to secure your reservation (unless otherwise noted).
- If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.
- People will be seated together on busses and theaters as indicated when signing up.
- If a guest is traveling with you please list them as your guest and include their payment (in full) with your payment.
- **Cancellation Policy:** If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.
- **Note:** For day trips you need to arrive at least 15 minutes prior to departure time.
- Per DOT regulations, masks must be worn on the coach bus at all times.



## Mohegan Sun, Uncasville, CT

Wednesday, May 18, 9:00 AM - 4:00 PM

*There is something for everyone at Mohegan Sun!*

Choice of slot machines, gaming tables, food, shopping & fun!

**Price: \$32**

(includes coach bus and driver's tip)

**Note:** Non-vaccinated individuals are required to wear a mask while inside the Casino. There is no smoking indoors, but there are designated areas outside to smoke. If you do not have a Mohegan Sun Players Card and would like one, you can apply at the Casino, you will need a photo ID to apply for this free card.



## Newport Flower Show at Rosecliff Mansion

Friday, June 17, 8:00 AM - 6:00 PM

*"Eden . . . A Personal Paradise"*

Fantasy gardens, flower arrangements, horticultural exhibits! You'll have 2 hours at Rosecliff Mansion to enjoy the beautiful florals & exhibits then off to explore downtown Newport on your own; have lunch, shop, walk the Cliff Walk.

**Price: \$75**

(includes flower show admission, coach bus and driver's tip)

**Note:** All visitors to Newport Mansions must be fully vaccinated & boosted before May 18. You must present a photo ID along with your vaccine proof. COVID tests will not be accepted as an alternative to proof of vaccination. No exceptions. Masks are required indoors at all properties. These are the rules as of 3/2.

# Special Programs

Pre-register for ALL activities w/Nancy, 203.315.0684  
Transportation is available, call Blair at 203-315-0681 to schedule a ride.



## **“Ask the Nurse” from VNA Community Healthcare** **Wednesday, March 9, 12-1 PM**

Call Nancy to schedule your *free* in person appointment (10-15 minutes). Nurse will:

\* Check your blood pressure

\* Assess your overall health and work with you to set goals

*Ask about the Self-Monitoring Blood Pressure Program to aid in reducing high blood pressure.*

## **“Documentary Mondays” 10 AM**

**March 14** - “*She’s Beautiful When She’s Angry*” is a provocative, rousing & humorous account of the birth of the women’s liberation movement, spanning the late 1960’s through the new millennium.

**March 21** - “*Paris Was a Woman*” is a film portrait of the creative community of women writers, artists, photographers & editors (Colette, Djuna Marnes, Gertrude Stein & Alice B Toklas, etc). The magical mood, era & flavor of this artistic community in Paris is captured beautifully.



## **Veteran Entitlement Programs** **Tuesday, March 29, 11 AM**

Anne Mosher, a Veteran Service Officer with the State of CT, Department of Veteran Affairs, will speak on a range of Veterans’ benefits available on the national, state & local levels. After an overview of some of the most popular and helpful VA benefits which Anne can assist you in obtaining, she will answer questions during a Q and A session. Sign-up by 3/25.

## **“Netflix Fridays” 1-3 PM**



**March 11** - “*Penguin Bloom*” - This is an inspiring true story of a mother coping with the aftermath of a tragic accident, rediscovering hope and meaning from an injured magpie taken in by her family. **Rated:** TV-14



**March 25** - “*Sergio*” - This action-packed biopic looks at the personal life of the United Nations High Commissioner for Human Rights, Sergio Viera de Mello, and the operation to rescue him from being held imprisoned and injured in Baghdad. **Rated:** R



## **Tech Help by Appointment with Christina Kondziela** **Thursday, March 24, 2-4 PM**

Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina and her team. Register for your 15-minute appointment in advance with Nancy. **Limited spots available.**



## **Exercise for Better Balance** **Presented By: VNA Community Healthcare & Hospice**

Join a VNA-trained expert to improve your overall function through strength training, stretching, flexibility & balance training. Learn safe and effective exercises that can be modified for your fitness level and can be performed seated or standing. Previous participants have found these classes to be life changing and empowering. Sign up soon, these classes fill up fast!

### **Choose one session:**

**Class A Wednesday 1-2 pm March 30 - June 15**

**Class B Friday 1-2 pm April 1 - June 17 (no class 4/15)**

**Class size is limited, Price: \$15**



# ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for ALL activities w/Nancy, 203.315.0684

Transportation is available, call Blair at 203-315-0681 to schedule a ride.

Call Megan to reserve a table for cards, games, pool, shuffleboard, 8:30-4:00

Thursday 3/3	9:00 AM - INTERMEDIATE & ADVANCED YOGA (ZOOM) 9:00 AM - FITNESS WALKING IN GYM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI
Friday 3/4	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS TAP DANCE CLASS RESUMES 11:00 AM - PICKLEBALL FOR BEGINNERS (GROUP 2) NEW SESSION 1:00 PM - FILM: <i>"DON'T LOOK UP"</i> (OSCAR NOMINATED)
Monday 3/7	8:15 AM - AEROBICS 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS (GROUP 1)
Tuesday 3/8	9:00 AM - BEGINNER & INTRODUCTORY YOGA (ZOOM) 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN: TREWORGY PLANETARIUM AT MYSTIC AQUARIUM 2:30 PM - BEGINNER TAI CHI
Wednesday 3/9	8:15 AM - AEROBICS 9:30 AM - TRIP: TJ MAXX AND HOBBY LOBBY 11:00 AM - WRITERS CORNER (ZOOM) 12:00 PM - ASK THE NURSE 1:00 PM - COLORING ART; HAND & FOOT GAME 1:00 PM - MUSICAL JAM SESSION 1:30 PM - UKULELE
Thursday 3/10	9:00 AM - INTERMEDIATE & ADVANCED YOGA (ZOOM) 9:00 AM - FITNESS WALKING IN GYM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI
Friday 3/11	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 10:30 AM - FINDING BALANCE & POSITIVITY 11:00 AM - PICKLEBALL FOR BEGINNERS (GROUP 2) 1:00 PM - FILM: <i>"PENGUIN BLOOM"</i>
Monday 3/14	8:15 AM - AEROBICS 10:00 AM - FILM: <i>"SHE'S BEAUTIFUL WHEN SHE'S ANGRY"</i> 12:30 PM - BINGO 1:00 PM - GENEALOGY 1:00 PM - PICKLEBALL FOR BEGINNERS (GROUP 1)
Tuesday 3/15	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 10:30 AM - TRIAD: CRIME UPDATE 12:30 PM - DISCUSSION GROUP 1:00 PM - TRIP: HAMMONASSET BEACH STATE PARK 2:00 PM - SLN: DUNES NATIONAL PARK: BIRD EASY 2:30 PM - BEGINNER TAI CHI
Wednesday 3/16	8:15 AM - AEROBICS 9:30 AM - TRIP: WALMART 1:00 PM - COLORING ART; HAND & FOOT GAME 1:00 PM - MUSICAL JAM SESSION 1:30 PM - UKULELE 4:00 PM - TRIP: HAPPY HOUR DONOVAN'S REEF

# ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for ALL activities w/Nancy, 203.315.0684

Transportation is available, call Blair at 203-315-0681 to schedule a ride.

Call Megan to reserve a table for cards, games, pool, shuffleboard, 8:30-4:00

Thursday 3/17	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING (IN THE GYM) 10:00 AM - ADVANCED YOGA; HOOK 'N NEEDLE 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI
Friday 3/18	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 11:00 AM - PICKLEBALL FOR BEGINNERS 1:00 PM - <b>FILM: "POWER OF THE DOG" (OSCAR NOMINATED)</b>
Monday 3/21	8:15 AM - AEROBICS 10:00 AM - <b>FILM: "PARIS WAS A WOMAN"</b> 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS (GROUP 1)
Tuesday 3/22	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - <b>SLN: ADAMS NAT'L HISTORIC PARK, FIRST FATHER/SON PRESIDENTS</b> 2:30 PM - BEGINNER TAI CHI
Wednesday 3/23	8:15 AM - AEROBICS 9:30 AM - <b>TRIP: WALMART</b> 11:00 AM - WRITERS CORNER ON ZOOM 1:00 PM - COLORING ART; MUSICAL JAM SESSION; HAND & FOOT 1:30 PM - UKULELE
Thursday 3/24	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING (IN THE GYM) 9:30 AM - <b>TRIP: TARGET</b> 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 10:00 AM 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:00 PM - TECH HELP 2:30 PM - ADVANCED TAI CHI
Friday 3/25	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 11:00 AM - PICKLEBALL FOR BEGINNERS (GROUP 2) 1:00 PM - <b>FILM: "SERGIO"</b>
Monday 3/28	8:15 AM - AEROBICS 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS (GROUP 1) 1:00 PM - GENEALOGY FOR BEGINNERS
Tuesday 3/29	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 11:00 AM - <b>VETERANS ENTITLEMENT PROGRAMS ANNE MOSHER, SPEAKER</b> 12:30 PM - DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI
Wednesday 3/30	8:15 AM - AEROBICS 9:00 AM - <b>AAA DRIVER IMPROVEMENT PROGRAM</b> 12:00 PM - <b>TRIP: LUNCH BUNCH AT GW CARSON'S</b> 1:00 PM - COLORING ART; MUSICAL JAM SESSION; HAND & FOOT GAME 1:00 PM - <b>EXERCISE FOR BETTER BALANCE (GROUP A)</b> 1:30 PM - UKULELE
Thursday 3/31	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING IN THE GYM 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI